

STATE SENATOR • DEBORAH CHERRY • 26TH DISTRICT

Cherry Press Release

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Lawmakers Launch Healthy Michigan Caucus to Promote Better Health **Physical Health = Fiscal Health**

(LANSING)—State lawmakers kicked off the Healthy Michigan Caucus today at a press conference in the state capitol rotunda. The legislators joined with Surgeon General Dr. Kimberlydawn Wisdom and members of the Department of Community Health, the Governor's office, and the Michigan Public Health Institute to promote *physical* and *fiscal* health and call attention to the debilitating effects of chronic diseases on our state's citizenry and economy.

"In Michigan, treatment of chronic diseases accounts for 65 to 70 percent of our health care costs," said Senator Deb Cherry (D-Burton). "So many chronic diseases are preventable by simply living a healthier lifestyle. If we become more physically healthy, we can eliminate some of these health care expenses and become more fiscally healthy."

The Healthy Michigan Caucus was formed by a bipartisan, bicameral group of legislators who attended a recent forum on chronic disease prevention and management. Through this forum it became abundantly clear that the fiscal health of our state depends upon the physical health our citizens. Simply put – **PHYISCAL HEALTH = FISCAL HEALTH!** The Department of Community Health – Division of Chronic Disease and Injury Control provides these statistics regarding the health status of Michigan residents:

- Cardiovascular Disease (CVD) is the number one cause of death in adults in Michigan. Almost half of all deaths in Michigan are due to CVD.
- Cancer is the second leading cause of death in Michigan.
- Smoking is responsible for 90 percent of all lung cancers and increases in the risk of heart disease and stroke, resulting in 15,000 deaths in Michigan each year.
- In Michigan, over 1 million adults have diabetes or prediabetes.
- Asthma is the leading cause of preventable hospitalizations in Michigan.
- Michigan is second only to Mississippi in having the most obese and overweight residents.
- Eight out of ten Michigan adults have at least one risk factor for chronic disease – smoking, poor eating habits, physical inactivity, high cholesterol, high blood pressure.

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“Michigan can lead the nation in the health of its residents and its budget if we all work together to promote healthy lifestyles,” said Senator Cherry. “The members of the Healthy Michigan Caucus are committed to leading by example. We will work to promote healthy lifestyles and healthy state government. We hope Michigan residents will join us on this journey and challenge themselves to get more exercise, eat healthier foods, and eliminate risk factors for chronic disease from their lives.”

Michigan residents who are interested in learning more about risk factors for chronic diseases or how to begin their journey to better health, can visit the Michigan Department of Community Health’s website at www.michigan.gov/mdch and click on the "Physical Health & Prevention" link.

Legislative co-chairs of the Healthy Michigan Caucus are Senator Gilda Jacobs (D-Huntington Woods), Senator Bev Hammerstrom (R-Temperance), Representative Gary Newell (R-Saranac), and Representative Steve Adamini (D-Marquette).

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